

# 2014-2015 Onsite Free Flu Shot Clinics

## GET YOUR (FREE!) FLU SHOT

| 2014-2015 On-site City of Columbus Flu Shot Clinics |  |                 |                                |
|---|--|-----------------|--------------------------------|
| Date  | Location                               | Time            | Location                       |
| 9/24/14   | 1881 E. 25th Ave                       | 7:30am-12:30am  | Training Room A                |
| 9/29/14   | 757 Carolyn Ave.                       | 2:00pm—5:30pm   | Hearing Room                   |
| 9/30/14   | 174 E. Long St.                        | 9:00 am—12:00pm | Conference Room                |
| 10/2/14   | 1250 Fairwood Ave.                     | 11:30am—4:00pm  | Basement room 0031<br>A/B      |
| 10/7/14   | 77 North Front St.                     | 8:00am—12:00pm  | Basement Open Area             |
| 10/8/14   | 910 Dublin Rd.                         | 7:30am-12:00pm  | A/B (Library if needed)        |
| 10/8/14   | 4211 Groves Rd.                        | 1:00pm—4:00pm   | Conference Room A/B            |
| 10/10/14  | 1550 Georgesville Rd.                  | 6:00am—7:00am   |                                |
| 10/14/14  | Police Headquarters<br>120 Marconi Ave | 3:00pm—6:00pm   | Auditorium                     |
| 10/15/14  | 1111 East Broad St.                    | 10:00am—2:00pm  | Basement, Citywide<br>Training |
| 10/16/14  | 375 S. High St.                        | 10:00am—2:00pm  | 18th Floor                     |
| 10/21/14  | 1533 Alum Creek Industrial Rd.         | 7:30am—10:30am  |                                |
| 10/24/14  | 2100 Alum Creek Dr.                    | 6:00am—7:00am   |                                |
| 10/28/14  | 3639 Parsons Ave.                      | 8:30am—11:00am  | Gymnasium                      |
| 10/31/14  | 4260 Morse Rd.                         | 6:00am—7:00am   |                                |
| 11/19/14  | 2700 Impound Lot Rd.                   | 2:30pm—4:00pm   |                                |
| 11/25/14  | 1820 17th Ave.                         | 8:45am—9:45pm   |                                |

# Top 4 Reasons to Get Your Flu Shot:

## Protect your Family

Getting the flu shot is the single most important thing you can do to protect those you love from getting the flu. Small children, pregnant mothers, and adults over 65 have a higher risk of getting the flu.

## Protect your co-workers

Each year that a person receives a flu shot, an immunity is built to the seasonal flu and offers cross-protection for pandemic flu.

## Protect your customers

Infected city employees can transmit the virus to customers through activities like recreational programs, inspections, EMS activities, customer service and more.

## Protects your community

Getting the flu shot will increase the number of individuals who will be healthy during flu season in Columbus.

# Flu Shot Myths Debunked:

## I'll get the flu from the flu shot

It's not possible to get the flu from the vaccine. The vaccine contains killed (inactivated) viruses that trigger your body to build resistance from the virus.

## I took got the flu shot before and still got sick

Viruses that the shot does not protect against may have caused your illness.

## I'm healthy so I don't need the flu shot

Being healthy may protect you from being hospitalized, but you may be ill for a week, and be contagious to others.

## I don't need the flu shot this year since I got it last year

Seasonal flu viruses change slightly each year in fairly predictable ways. The vaccine changes each year to keep up with the virus changes. Getting the flu shot annually boosts protection.